

Iowa WIC Approved Foods List

Policy

Iowa Code: Foods approved for the Iowa WIC Program must conform to the provisions of the Iowa Administrative Code.

Authority

Iowa Administrative Code 641 IAC 73.9

Procedures

The table below contains the WIC approved foods for the Iowa WIC Program as of January 1, 2022.

Iowa WIC Program Approved Foods List as of **January 1, 2022**

Food Category	Approved Brands or Varieties	
CEREAL Cereal is brand and flavor specific Any combination of approved cereals up to the total ounces specified Minimum package size for national brands and store brands is 12 ounces. NO added fruit, yogurt or nuts + Gluten free * Whole grain cereals	<ul style="list-style-type: none">Ready to Eat Cereal: 12 oz. or larger	
	General Mills: Cheerios – only Plain*+, Multi-Grain*+ and Multi-Grain Strawberry*+; Chex – only Corn+, Rice+, Wheat*, Vanilla+, Blueberry*+, and Cinnamon+; Kix – only Plain*, Berry Berry* and Honey*; Sesame Street – only Berry* and Cinnamon*; Total*; Fiber One Honey Clusters*; Wheaties*	Hot Cereal: Plain and Whole Grain*; includes 1 minute, 2 ½ minutes and 10 minutes Cream of Rice+ Malt-O-Meal Chocolate Malt-O-Meal Original COCO Wheats
	Kelloggs: All Bran*; Corn Flakes - only Regular or Cinnamon; Crispix; Frosted or Unfrosted Mini Wheats – only Plain* , Mixed Berry*, Strawberry*, Blueberry*, Touch of Fruit*, Pumpkin Spice*, Cinnamon Roll* and Bite Size*; Lil Bites Chocolate*, Special K – only Original and Banana*; Special K Protein - only Honey Almond, Ancient Grains* and Original Touch of Cinnamon*; Rice Krispies	Malt-O-Meal: Corn Flakes; Crispy Rice; Frosted Mini-Spooners – Plain only* Kashi: Honey Toasted Hearts & O's, Warm Cinnamon Hearts & O's
	Post: Grape-Nuts – only Original* and Flakes*; Great Grains - only Banana Nut Crunch* and Crunchy Pecan*; Honey Bunches of Oats - only Almonds, Cinnamon Bunches, Honey Roasted, Pecan & Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*	Quaker: Life – only Plain*, Strawberry* and Vanilla*; Oatmeal Squares* - only Brown Sugar, Cinnamon, Golden Maple, and Honey Nut

	● Only these store brands 12 oz. or larger	
	<p>Bran Flakes*, Corn Flakes, Corn Biscuits/Corn Squares, Crisp(y) Rice, Crispy Hexagons/Twin Grain Crisp, Frosted Shredded Wheat*, Frosted Bite-Size Shredded Wheat*, Multigrain Toasted Oats*/Multigrain Tasteos*/Multigrain Medley*/Spins*, Nutty Nuggets*/Crunchy Nuggets*/Nuggety Nuggets*/Wheat and Crunchy*, Oats and More/Oats and More with Almonds/Honey and Oats, Oat Wise*/Simply Living*/4 Corner Crunch*/Live it Up!/Live Life @ 100%/Crunchy Oat Squares*, Oatmeal Squares*/Oat Squares*, Rice Biscuits/Rice Squares, Toasted Oats*/ Tasteos*/ Happy O's*/Rollin Oats*, Wheat Flakes*, Wheat Squares*/Wheat Biscuits*</p>	<p>Always Save Best Choice Best Yet Centrella Clear Value Essential Everyday Fareway/Fastco Food Club Great Value HyTop Hy-Vee IGA Kemach Kiggin's Market Pantry Our Family Save-A-Lot Schnucks Shurfine Signature Select That's Smart Valu Time</p>

Food Category	Approved Brands or Varieties
100% Whole Wheat Bread/Buns NO added fruit, nuts and seeds	<ul style="list-style-type: none"> Must say "100% whole wheat" on the package and whole wheat must be the first ingredient on the label. <p><u>16 ounce loaf 100% whole wheat loaf approved brands include:</u></p> <p> Arnold Light 100% Whole Wheat Aunt Millie's 100% Whole Wheat Best Choice 100% Whole Wheat Best Yet 100% Whole Wheat Bunny 100% Whole Wheat Family Choice 100% Whole Wheat Fareway 100% Whole Wheat </p>

	<p>Great Value Whole Wheat Healthy Life 100% Whole Wheat HyVee 100% Whole Wheat IGA 100% Whole Wheat Lewis Bake Shop 100% Whole Wheat Nature's Own 100% Whole Wheat Our Family 100% Whole Wheat Ozark Hearth 100% Whole Wheat Pepperidge Farm Stone Ground 100% Whole Wheat Pepperidge Farm Very Thin Sliced 100% Whole Wheat Roman Meal Sungrain 100% Whole Wheat Sara Lee Classic 100% Whole Wheat Schnucks 100% Whole Wheat Shurfine 100% Whole Wheat Shurfresh 100% Whole Wheat Signature Select 100% Whole Wheat SunnyBrook 100% Whole Wheat Village Hearth 100% Whole Wheat</p> <p><u>20 ounce loaf 100% whole wheat approved brands include:</u> Best Choice 100% Whole Wheat Sandwich Bread HyVee 100% Whole Wheat Nature's Own 100% Whole Wheat Nature's Harvest 100% Stone Ground Whole Wheat Sara Lee Classic 100% Whole Wheat Sara Lee Delightful 100% Whole Wheat Signature Select 100% Whole Wheat Village Hearth 100% Whole Wheat</p> <p><u>24 ounce loaf 100% whole wheat (fully breastfeeding women only) brands include:</u> Arnold Dutch Country 100% Whole Wheat Aunt Millie's Best Grains 100% Whole Wheat Aunt Millie's Homestyle 100% Whole Wheat Best Choice 100% Whole Wheat Sandwich Bread Brownberry 100% Whole Wheat Brownberry Natural 100% Whole Wheat Country Hearth 100% Whole Wheat Fiber One 100% Whole Wheat Nature's Pride 100% Whole Wheat New England 100% Whole Wheat</p>
--	---

	<p>Oroweat Whole Grain 100% Whole Wheat Our Family Country Style 100% Whole Wheat Pepperidge Farm Farmhouse 100% Whole Wheat Pepperidge Farm Whole Grain 100% Whole Wheat Sara Lee Hearty & Delicious 100% Whole Wheat Village Hearth NE 100% Whole Wheat Wholesome Harvest Stone Ground 100% Whole Wheat</p> <p><u>16 ounce buns 100% whole wheat packages approved brands include:</u> Arnold 100% Whole Wheat Sandwich Buns Brownberry 100% Whole Wheat Sandwich Buns Brownberry 100% Whole Wheat Hot Dog Buns Healthy Life 100% Whole Wheat Sandwich Buns Healthy Life 100% Whole Wheat Hot Dog Buns Natures Harvest 100% Whole Wheat Hamburger Buns Natures Harvest 100% Whole Wheat Hot Dog Buns Oroweat 100% Whole Wheat Hot Dog Buns Sara Lee 100% Whole Wheat Hamburger Buns Sara Lee 100% Whole Wheat Hot Dog Buns Wonder 100% Whole Wheat</p>
--	--

Food Category	Approved Brands or Varieties
<p>Brown Rice</p> <p>NO added flavoring</p>	<ul style="list-style-type: none"> 14-16 ounce package includes instant and boil-in-bag 16 ounce any brand of plain regular brown rice
<p>Oatmeal</p> <p>Oatmeal is brand specific</p>	<ul style="list-style-type: none"> Quick or Old Fashioned <p><u>16 oz. Container:</u> Mom's Best Best Choice Our Family</p>
<p>100% Whole</p>	<ul style="list-style-type: none"> Any Brand 16 oz.

<p>Wheat Pasta</p> <p>NO added sugars, fats, oils or salt</p> <p>NO pasta made from rice, quinoa, flax, corn or vegetables</p>	<ul style="list-style-type: none"> Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni or shells 																																																		
<p>Soft Corn and Whole Wheat Tortillas</p> <p>No added flavoring</p>	<ul style="list-style-type: none"> 16 ounce package <table border="1" data-bbox="427 741 1406 1724"> <thead> <tr> <th data-bbox="427 741 914 800"><u>Corn Tortillas (Yellow or White):</u></th><th data-bbox="914 741 1406 800"><u>Whole Wheat Tortillas:</u></th></tr> </thead> <tbody> <tr><td data-bbox="427 800 914 840">Azteca</td><td data-bbox="914 800 1406 840">Azteca</td></tr> <tr><td data-bbox="427 840 914 879">Best Choice</td><td data-bbox="914 840 1406 879">Best Choice</td></tr> <tr><td data-bbox="427 879 914 919">Best Yet</td><td data-bbox="914 879 1406 919">Buenavita</td></tr> <tr><td data-bbox="427 919 914 959">Calidad</td><td data-bbox="914 919 1406 959">Celia's</td></tr> <tr><td data-bbox="427 959 914 999">Carlita</td><td data-bbox="914 959 1406 999">Chi-Chi's</td></tr> <tr><td data-bbox="427 999 914 1039">Celia's</td><td data-bbox="914 999 1406 1039">Food Club</td></tr> <tr><td data-bbox="427 1039 914 1079">Chi-Chi's</td><td data-bbox="914 1039 1406 1079">Frescado</td></tr> <tr><td data-bbox="427 1079 914 1119">Don Poncho</td><td data-bbox="914 1079 1406 1119">Great Value</td></tr> <tr><td data-bbox="427 1119 914 1159">Essential Everyday</td><td data-bbox="914 1119 1406 1159">Hormel</td></tr> <tr><td data-bbox="427 1159 914 1199">Food Club</td><td data-bbox="914 1159 1406 1199">HyVee</td></tr> <tr><td data-bbox="427 1199 914 1239">Frescado</td><td data-bbox="914 1199 1406 1239">IGA</td></tr> <tr><td data-bbox="427 1239 914 1278">Guerrero</td><td data-bbox="914 1239 1406 1278">La Banderita</td></tr> <tr><td data-bbox="427 1278 914 1318">Herdez</td><td data-bbox="914 1278 1406 1318">Mama Lupe's</td></tr> <tr><td data-bbox="427 1318 914 1358">HyVee</td><td data-bbox="914 1318 1406 1358">Mission</td></tr> <tr><td data-bbox="427 1358 914 1398">IGA</td><td data-bbox="914 1358 1406 1398">Ortega</td></tr> <tr><td data-bbox="427 1398 914 1438">La Banderita</td><td data-bbox="914 1398 1406 1438">Our Family</td></tr> <tr><td data-bbox="427 1438 914 1478">La Burrita</td><td data-bbox="914 1438 1406 1478">Schnucks</td></tr> <tr><td data-bbox="427 1478 914 1518">Mama Lupe's</td><td data-bbox="914 1478 1406 1518">Shurfine</td></tr> <tr><td data-bbox="427 1518 914 1558">Mission</td><td data-bbox="914 1518 1406 1558">Signature Select</td></tr> <tr><td data-bbox="427 1558 914 1598">Our Family</td><td></td></tr> <tr><td data-bbox="427 1598 914 1638">Pepito</td><td></td></tr> <tr><td data-bbox="427 1638 914 1677">Sara Lee</td><td></td></tr> <tr><td data-bbox="427 1677 914 1717">Shurfresh</td><td></td></tr> <tr><td data-bbox="427 1717 914 1757">Tia Rosa</td><td></td></tr> </tbody> </table>	<u>Corn Tortillas (Yellow or White):</u>	<u>Whole Wheat Tortillas:</u>	Azteca	Azteca	Best Choice	Best Choice	Best Yet	Buenavita	Calidad	Celia's	Carlita	Chi-Chi's	Celia's	Food Club	Chi-Chi's	Frescado	Don Poncho	Great Value	Essential Everyday	Hormel	Food Club	HyVee	Frescado	IGA	Guerrero	La Banderita	Herdez	Mama Lupe's	HyVee	Mission	IGA	Ortega	La Banderita	Our Family	La Burrita	Schnucks	Mama Lupe's	Shurfine	Mission	Signature Select	Our Family		Pepito		Sara Lee		Shurfresh		Tia Rosa	
<u>Corn Tortillas (Yellow or White):</u>	<u>Whole Wheat Tortillas:</u>																																																		
Azteca	Azteca																																																		
Best Choice	Best Choice																																																		
Best Yet	Buenavita																																																		
Calidad	Celia's																																																		
Carlita	Chi-Chi's																																																		
Celia's	Food Club																																																		
Chi-Chi's	Frescado																																																		
Don Poncho	Great Value																																																		
Essential Everyday	Hormel																																																		
Food Club	HyVee																																																		
Frescado	IGA																																																		
Guerrero	La Banderita																																																		
Herdez	Mama Lupe's																																																		
HyVee	Mission																																																		
IGA	Ortega																																																		
La Banderita	Our Family																																																		
La Burrita	Schnucks																																																		
Mama Lupe's	Shurfine																																																		
Mission	Signature Select																																																		
Our Family																																																			
Pepito																																																			
Sara Lee																																																			
Shurfresh																																																			
Tia Rosa																																																			

Food Category	Approved Brands or Varieties
<p>CANNED BEANS</p> <p>NO baked beans, refried bean or chili beans</p> <p>NO soup or soup mix</p> <p>NO added vegetables, fruits, meat, sugars, fats, or oils</p>	<ul style="list-style-type: none"> Any Brand 15 -16 oz. Regular, low-salt or no-salt Includes: black, black-eyed peas, butter, cannellini, garbanzo (chickpeas), great northern, kidney, lima, navy, pinto, red, split peas
<p>DRIED BEANS AND PEAS</p> <p>NO mixed beans or soup mix</p> <p>NO added vegetables, fruits, meat, sugars, fats, or oils</p>	<ul style="list-style-type: none"> Any brand in 16 ounce packages Includes: black, black-eyed peas (cow peas or cow beans), kidney, garbanzo (chickpeas), great northern, lentil, limas (butter beans), navy, pinto, red, soybeans, split peas
<p>PEANUT BUTTER</p> <p>NO peanut butter spreads</p>	<ul style="list-style-type: none"> Any brand in containers of 16-18 ounces Includes: chunky, crunchy, creamy, smooth, low sodium and reduced

<p>or reduced fat</p> <p>NO added marshmallows, honey, almonds, jelly, chocolate or similar ingredients</p> <p>NO bulk or freshly ground</p> <p>NO refrigerated</p>	<p>sugar</p> <ul style="list-style-type: none"> • Must contain more than 90% peanuts and no more than 55% fat
<p>CANNED TUNA</p> <p>NO added ingredients</p> <p>NO white albacore, solid or Yellowfin tuna</p> <p>cans and foil pouches</p>	<ul style="list-style-type: none"> • Any brand of chunk light tuna including water packed and oil packed • Minimum container size of 5 ounces; includes cans and foil pouches • Includes regular and low sodium
<p>CANNED SALMON</p> <p>NO chum or red salmon</p> <p>NO added ingredients</p>	<ul style="list-style-type: none"> • Any brand of pink salmon with or without bones and skin • Minimum container size of 5 ounces; includes cans and foil pouches • Includes regular and low sodium

Food Category	Approved Brands or Varieties		
JUICE Only these brands, flavors and container sizes Approved brands and flavors also include calcium-fortified juices Only 100% unsweetened fruit juice Only 100% vegetable juice NO drinks, ades, nectars, juice beverages, infant juices, cocktails, twisterts or coolers	● 64 ounce Bottles - Shelf Stable		
	<u>Apple juice:</u> Always Save, Apple & Eve, Baymist, Best Choice, Best Yet, Big Tex, Corner Store, Essential Everyday, Fareway, Food Club, Great Value, Harvest Classic, HyTop, HyVee, IGA, Juicy Juice, Langers, Market Pantry, Mott’s Original, Mrs. Clark’s, Ocean Spray, Old Orchard, Our Family, Schnucks, Seneca, Shurfine, Signature Select, Textsun, Tipton Grove, Tree Top	<u>Blended fruit juice (all flavors of these brands):</u> Apple & Eve Cranberry Blends, Best Choice, Best Yet, Big Tex, Great Value, Food Club ,HyVee Cranberry and Pomegranate Blends, HyVee Just Juice, IGA, Juicy Juice, Langers, Libby’s, Market Pantry, Mott’s Apple blends Northland Cranberry Blends, Ocean Spray ,Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Welch’s	
	<u>Grape juice:</u> White, Purple or Red Always Save, Baymist, Best Choice, Best Yet ,Big Tex, Essential Everyday, Fareway, Food Club, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Midwest Country Fare, Mrs. Clark’s, Ocean Spray, Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Tipton Grove, Welch’s	<u>Grapefruit juice:</u> White, Pink or Ruby Red All brands of 100% grapefruit juice	
	<u>Orange juice:</u> All brands of 100% orange juice, with or without pulp	<u>Pineapple or Pear juice:</u> Best Choice, Big Tex, Everyday Essential, Fareway, Food Club, Great Value, HyTop, HyVee, IGA, Langers, Libby’s, Old Orchard, Our Family, Schnucks, Signature Select, Textsun	
	<u>Tomato juice or Blended Vegetable juice:</u>		

	Best Choice, Best Yet ,Big Tex, Campbell's (Regular, Healthy Request and Low Sodium), Diane's Garden, Essential Everyday, Fareway, Food Club , Garden Fest, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Mrs. Clark's, Our Family, Schnucks, Signature Select, Texsun, V-8 Plain only
--	--

Food Category	Approved Brands or Varieties	
Juice Only these brands, flavors and container sizes Approved brands and flavors also include calcium-fortified juices Only 100% unsweetened fruit juice NO drinks, ades, nectars, juice beverages, infant juices, cocktails, twisterts or coolers	<ul style="list-style-type: none"> 11.5 - 12 ounce - frozen (single flavors only) 	
	<u>Apple juice:</u> Best Choice, Food Club, Great Value, HyTop, HyVee, IGA, Market Pantry, Old Orchard, Our Family, Seneca, Shurfine, Tree Top	<u>Pineapple juice:</u> Dole, Langers, Market Pantry, Old Orchard
	<u>Grape juice:</u> White or Purple Best Choice, Food Club, Great Value, Market Pantry, Old Orchard, Seneca, Welch's (with yellow end cap only)	<u>Grapefruit juice:</u> White, Pink or Ruby Red All brands of 100% grapefruit juice
	<u>Orange juice:</u> All brands of 100% orange juice Includes added calcium, with pulp, and pulp-free	
	<ul style="list-style-type: none"> 32 ounce Bottles - Shelf Stable 	
	Tomato Juice or Blended Vegetable Juice: See 64 oz. for brands	
	<ul style="list-style-type: none"> 64 ounce Container - Refrigerated 	
	Orange Juice- All brands of 100% orange juice	

Food Category	Approved Brands or Varieties		
<p>CASH VALUE VOUCHE R FOR FRUITS AND VEGETAB LES</p> <p>If purchase exceeds value specified, participant may pay the difference</p>	<ul style="list-style-type: none"> Dollar value is specified <table border="1" data-bbox="428 642 1403 1234"> <tr> <td data-bbox="428 642 915 1234"> <p><u>Fruits:</u> Allowed: Fresh fruit, frozen in juice or water</p> <p>Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt.</p> <p>No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p> </td><td data-bbox="915 642 1403 1234"> <p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice;</p> <p>Not allowed: Dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts; Frozen french fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties with fats/oils, seasonings or sugars.</p> </td></tr> </table>	<p><u>Fruits:</u> Allowed: Fresh fruit, frozen in juice or water</p> <p>Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt.</p> <p>No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p>	<p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice;</p> <p>Not allowed: Dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts; Frozen french fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties with fats/oils, seasonings or sugars.</p>
<p><u>Fruits:</u> Allowed: Fresh fruit, frozen in juice or water</p> <p>Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt.</p> <p>No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p>	<p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice;</p> <p>Not allowed: Dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts; Frozen french fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties with fats/oils, seasonings or sugars.</p>		

Milk			
Cow's milk - Any brand pasteurized with vitamins added in the container size and fat content specified	<table><tr><td><u>Cow's Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk</td></tr><tr><td><u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid)</td></tr></table>	<u>Cow's Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk	<u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid)
<u>Cow's Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk			
<u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid)			

NO rice or nut milks or milk with special health claims	<div style="border: 1px solid black; padding: 5px;"> Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid) Sweet Acidophilus Milk- Fat free, 1% or 2% Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only Evaporated Goat Milk – Whole, Meyenberg Brand Only </div>
---	--

Food Category	Approved Brands or Varieties
EGGS NO eggs that make special health claims	<ul style="list-style-type: none"> Any brand in containers of one dozen USDA Grade A, large, white or brown
CHEESE NO sliced, cubed or crumbles NO added ingredients or flavoring NO processed cheese, cheese spreads or American cheese NO cheese purchased from a service counter	<ul style="list-style-type: none"> Any brand in 8 ounce or 16 ounce packages Chunk, shredded or Mozzarella string cheese Natural and domestic cheeses including Cheddar, Colby, Colby-Jack, Monterey Jack, and Mozzarella Includes varieties such as medium, sharp, extra sharp 2% milk, low-fat, and fat free natural cheeses are also allowed
TOFU No special	<ul style="list-style-type: none"> 16 ounce packages <p><u>Approved brands:</u></p>

health claims	Azumaya – Silken, Firm, Extra Firm House Foods (Premium) – Medium Firm, Firm, Extra Firm
SOY BEVERAGE	<ul style="list-style-type: none"> 64 ounce containers <p><u>Approved brands:</u> 8th Continent Original or Vanilla Soymilk Silk Original Soy Beverage Great Value Original</p>

Food Category	Approved Brands or Varieties	
Yogurt		
Nonfat, lowfat Whole	<u>32 oz. Whole:</u> Brown Cow: Maple, Plain, Vanilla	<u>32 oz. Whole Greek:</u> Chobani Greek: Plain
Plain or flavored	Dannon: Plain, Strawberry, Vanilla	Great Value: Plain
Regular or Greek	Food Club: Vanilla	Good & Gather: Plain, Honey Vanilla
No frozen yogurt, or drinkable yogurt	Lucerne: Plain, Vanilla, Strawberry	HyVee: Honey Salted Caramel, Plain, Honey Vanilla
No added ingredients such as granola, nuts, honey, candy pieces, etc.	Mountain High: Plain, Vanilla, Strawberry	Greek Gods: Black Cherry Honey, Plain, Strawberry Honey, Vanilla Honey
No “light” yogurts with artificial sweeteners or stevia	Oikos: Plain	Old Home: Plain, Vanilla
	Old Home: Plain, Vanilla	
	<u>24 oz. Whole:</u> Country View Dairy: Plain	<u>24 oz. Whole Greek:</u> Greek Gods: Black Cherry, Chocolate Cherry, Chocolate Mocha, Chocolate Strawberry, Honey, Honey Blueberry, Honey Lemon, Honey Orange, Honey Peach, Honey Salted Caramel, Maple, Strawberry Honey, Vanilla Honey, Pumpkin Spice
	Siggi’s: Plain, Touch of Honey	

	<p><u>24 oz. LowFat:</u> Anderson Erikson: Plain, Vanilla, Strawberry, Cherry Vanilla</p> <p>Country View Dairy: Plain, Vanilla, Strawberry</p> <p>Land O Lakes: Peach, Raspberry, Strawberry, Strawberry-Banana, Vanilla</p> <p>Siggi's: Plain, Vanilla</p>	<p><u>24 oz. LowFat Greek:</u> Greek Gods: Plain</p> <p>Country View Dairy: Plain</p>
	<p><u>24 oz. NonFat:</u> Land O Lakes: Light Plain Siggi's: Plain, Vanilla</p>	<p><u>24 oz. NonFat Greek:</u> Greek Gods: Plain</p>
	<p><u>32 oz. LowFat:</u> Best Choice: Vanilla, Plain, Strawberry</p> <p>Best Yet: Plain, Vanilla Coburn Farms: Plain, Vanilla</p> <p>Dannon: Plain, Strawberry, Strawberry-Banana, Vanilla</p> <p>Everyday Essentials: Strawberry, Blueberry, Vanilla, Plain</p> <p>Great Value: Strawberry Banana, Peach, Strawberry, Vanilla</p> <p>HyVee: Blueberry, Peach, Vanilla, Strawberry, Strawberry-Banana</p> <p>Lucerne: Vanilla, Strawberry, Plain</p> <p>Market Pantry: Vanilla</p> <p>Mountain High: Plain, Vanilla</p>	<p><u>32 oz. NonFat:</u> Best Choice: Plain, Vanilla</p> <p>Best Yet: Plain, Vanilla</p> <p>Brown Cow: Plain, Vanilla, Cream Top Plain</p> <p>Dannon: Plain, Strawberry, Strawberry-Banana</p> <p>Everyday Essentials: Plain</p> <p>Great Value: Plain, Strawberry</p> <p>HyVee: Plain</p> <p>Lucerne: Plain</p> <p>Market Pantry: Plain</p> <p>Mountain High: Plain, Vanilla</p> <p>Oikos: Plain w/ Maple, Plain</p>

	<p>Oikos: Pro Plain</p> <p>Our Family: Blueberry, Peach, Strawberry, Vanilla</p> <p>Prairie Farms: Blueberry, Peach, Strawberry, Vanilla</p> <p>Schnucks: Vanilla, Strawberry, Plain</p> <p>Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry-Banana</p>	<p>w/Honey, Vanilla Bean, Anything but Plain</p> <p>Old Home: Plain, Vanilla</p> <p>Our Family: Vanilla, Plain, Strawberry</p> <p>Schnucks: Plain</p> <p>Shurfine: Plain</p>
	<p><u>32 oz. NonFat Greek:</u> Best Choice: Plain, Vanilla</p> <p>Chobani: Blueberry, Plain, Vanilla, Strawberry</p> <p>Chobani Simply: Vanilla</p> <p>Coburn Farms: Vanilla</p> <p>Dannon Light &Fit: Plain</p> <p>Fareway: Plain, Vanilla</p> <p>Food Club: Plain, Vanilla</p> <p>Good & Gather: Plain, Vanilla</p> <p>Great Value: Plain, Vanilla</p> <p>HyVee: Plain, Vanilla, Strawberry</p> <p>Nostimo: Plain, Vanilla, Strawberry</p> <p>Oikos: Anything but Plain, Vanilla Bean, Plain w Maple, Plain w</p>	<p><u>Yogurt Tubes 8- 2oz. LowFat:</u> Chobani Greek: Strawberry</p> <p>Chobani Kids: Strawberry Banana Coburn's Yo Whoa: Strawberry & Blueberry</p> <p>Great Value: Strawberry/Blueberry, MelonBerry & Strawberry</p> <p>Go Gurt: Strawberry, Cotton Candy/Melon Berry, Strawberry Riptide/SpongeBob Berry, Super Punch/Hero Berry, Berry/Strawberry, SpongeBob Berry/Strawberry Splash, Sour Patch Kids Red Berry/Blue Raspberry, Jolly Rancher Green Apple Watermelon Hershey's Cookies N Crème</p> <p>Siggi's; Strawberry</p>

	<p>Honey</p> <p>Old Home: Plain, Vanilla</p> <p>Open Nature: Plain, Vanilla</p> <p>Our Family: Plain, Vanilla</p>	
	<p><u>32 oz. LowFat Greek:</u> Chobani: Plain, Mad. Vanilla & Cinnamon, Two Good: Plain</p>	<p><u>Yogurt Tubes 8- 2 oz. Whole:</u> Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla</p>
		<p><u>Yogurt Tubes 16- 2 oz. LowFat:</u> Go Gurt: SpongeBob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry</p> <p>Simply Go Gurt: Strawberry/Mixed Berry</p>

Food Category	Approved Brands or Varieties
<p>INFANT FORMULA or WIC ELIGIBLE NUTRITIONALS</p> <p>NO substitutions</p>	<ul style="list-style-type: none"> • ONLY the brand of formula listed • ONLY the container size listed • ONLY the type of formula (powder, liquid concentrate or ready to use) specified

<p>INFANT CEREAL</p> <p>NO added fruit</p> <p>NO added formula</p> <p>NO added milk</p> <p>NO special claims such as added DHA/ARA</p>	<ul style="list-style-type: none"> • 8 ounce and 16 ounce packages • Includes rice, oatmeal, multigrain and whole wheat <p><u>Approved brands include:</u></p> <p>Beechnut</p> <p>Gerber</p> <p>Tippy Toes</p> <p>Gerber Organic</p> <p>Earth's Best</p>
<p>INFANT FRUITS AND VEGETABLES</p> <p>NO added sugars, starches or salt</p> <p>NO desserts</p> <p>NO dinners</p>	<ul style="list-style-type: none"> • 4 ounce containers, single or twin pack • Includes fruits or vegetables, single flavor or blend • May include white potatoes as an ingredient but not the primary ingredient • Infants 9-11 months may receive a CVV for the purchase of fresh fruits and vegetables in lieu of a portion of the infant food fruits and vegetables. <p><u>Approved brands include:</u></p> <p>Beechnut Stage 2 – Beechnut Stage 2 Organics</p> <p>Gerber 2nd Foods - Gerber Organic 2nd Foods</p> <p>Tippy Toes Stage 2 - Tippy Toes Organic Stage 2</p>
<p>INFANT MEATS</p> <p>NO dinners</p> <p>NO meat sticks</p> <p>NO added</p>	<ul style="list-style-type: none"> • 2.5 ounce containers • Single flavor, beef, chicken, ham or turkey • Includes pureed meat and gravy or broth <p><u>Approved brands include:</u></p> <p>Beechnut Stage 1</p> <p>Gerber 2nd Foods</p> <p>Tippy Toes Stage 2</p> <p>Earth's Best Organic</p>

sugars	
NO added salts	